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BUREAU OF
HOME ECONOMICS

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

ADD VARIETY TO AUTUMN BREAKFASTS

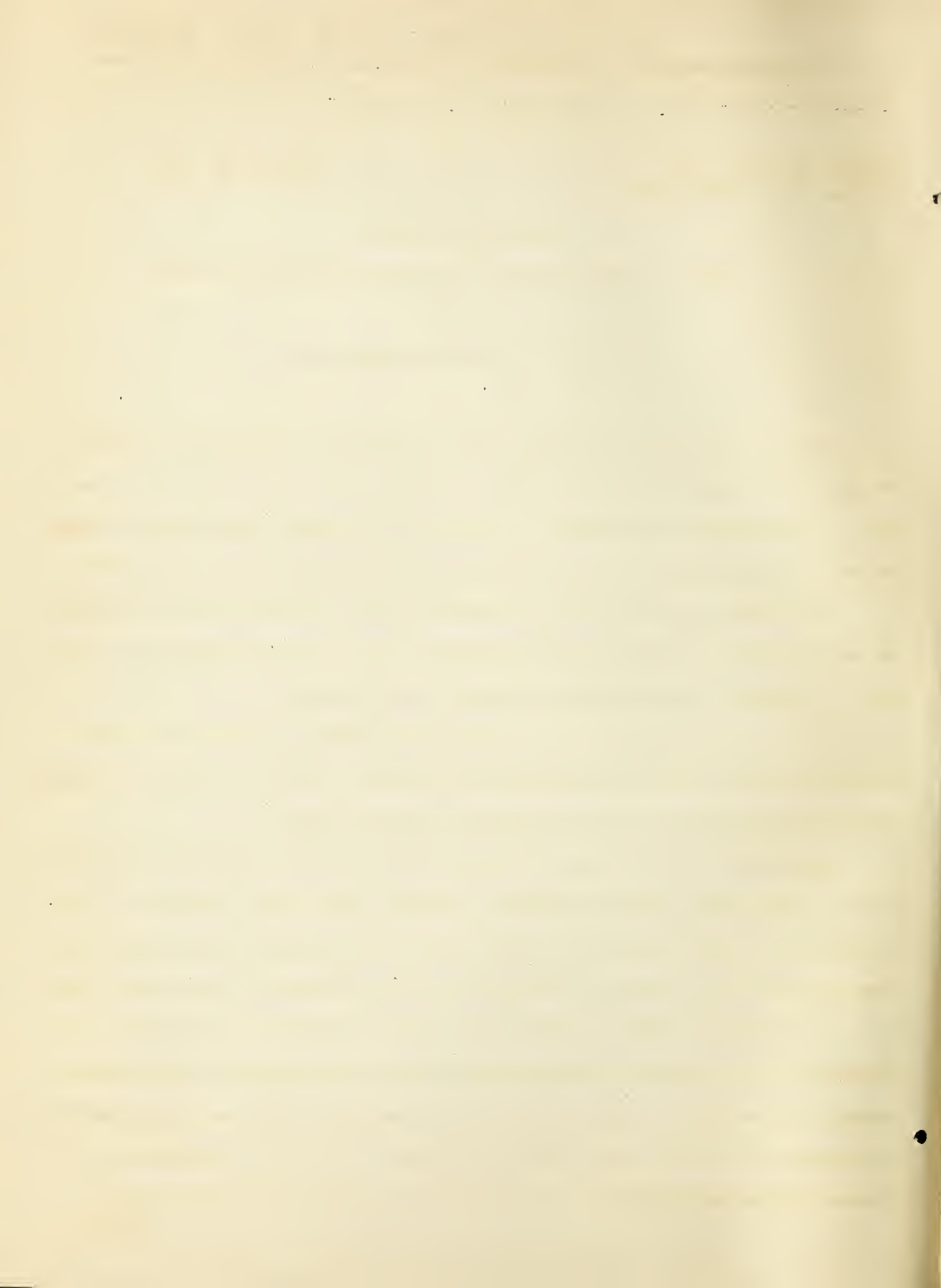
There's change in the air these Indian summer days. Leaves are beginning to turn. The weather's becoming cooler. School's getting into full swing. Even human beings, creatures of habit that they are, are changing into darker and warmer clothes. And they're finding that there's a keener edge to their appetites.

They awaken in the morning to discover weather invigorating and conducive to hard work. Whether their energetic mood lasts all day or dwindles out in mid-morning depends a lot on the food they have for breakfast.

For the morning meal sets the pitch for the whole day. The family that gets a satisfying, nourishing breakfast is more likely to be in tune with the world than the family that has only a hastily prepared miscellany.

Specialists in the Bureau of Home Economics say that an adequate breakfast for an adult contains from one-fourth to one-third of the day's food needs. That's if he eats an early breakfast and a light lunch. For children, they advise a regular schedule of three meals a day with the food requirements divided fairly evenly.

An adequate breakfast satisfies the appetite at the time it is eaten. In addition it "stays by" the eater until lunch time. The school child who becomes hungry by mid-morning is less likely to give attention in class and consequently to do less satisfactory school work than he would do if he had a breakfast which "stayed by" him until lunch.



In another way, too, the breakfast influences the remainder of the day. It more or less establishes the daily tempo. No breakfast, however well-balanced and appetizing will be satisfactory if it is eaten too hastily or with emotional distress. But, if time is allowed each morning to serve the meal in an orderly fashion, it will help to establish a calm, happy routine for the rest of the day. Lack of tension, a suitable breakfast, and a little leeway before the schedule of work or school begins, all contribute also to establishing the habit of elimination just after the morning meal.

The breakfast of the young child usually consists of fruit, hot cereal with top milk, toast with butter, and whole milk to drink. Occasionally a piece of crisply fried bacon or an egg is added.

The breakfast of an adult is similar. But in addition to cereal or when he does not have cereal, he may like a little meat or some other main dish. And instead of milk to drink, he may take coffee or some other hot beverage. One menu, with these slight variations, should serve the whole family for breakfast.

Probably the selection of possible dishes for breakfast is more limited than that of any other meal. Most of us have our breakfasts fairly well standardized. But that doesn't mean that they need be monotonous. Not only do we have a variety of foods to choose from, but each of these foods may be prepared in a number of different ways. And now that the weather is cooler, we welcome more cooked dishes.

Cereal and whole milk--those are the two standbys that breakfasts for children are founded on. These are the foods that "stay by" him until lunch. On cool mornings a dish of piping hot cooked whole grain cereal is an ideal basic dish. Whole grain cereal products containing the germ portion are best for their food value. The cooked cereal may be varied by the addition of raisins now and then. To be really tempting, of course, the cereal must be well cooked and properly salted.

Occasionally other forms of cereal may be used for the autumn breakfast



to add variety. French toast with sirup or molasses, griddle cakes, and fried cornmeal mush with jelly will help to keep the family interested. The mush is prepared the day before, put in a moistened bread pan to become firm, and cut off as needed.

Even the regulation toast may be varied once in a while with corn bread, muffins, biscuits, spoon bread, rolls, coffee cake, and so on almost ad infinitum.

Those who like eggs for breakfast will probably enjoy a more substantial rice omelet or eggs with bacon now that the weather is cool. Sausage, either in link or cake form, may be served those who like meat for breakfast. Frizzled ham and frizzled chipped beef add variety as relishes.

Attractive as well as good to eat are fried apples with bacon. Pare tart winter apples and cut into inch cubes to make about 2 quarts. Fry bacon in a heavy skillet and as soon as crisp, remove, drain on absorbent paper, and keep in a warm place. Leave about 4 tablespoons of bacon fat in the skillet, fill with the apples, sprinkle on one-fourth cup of sugar, cover and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will keep their shape and let them brown lightly. Place them on a hot platter and surround with the crisp bacon. If you prefer, omit paring the apples.

Fruit belongs in the menu everyday and most families like to get part of it for breakfast. Raw fruit, fruit juices, and canned and dried fruits all offer possibilities for varying the morning menu. A bunch of grapes, a pear--raw or stewed, or a dish of tart applesauce, all are delicious for breakfast and all these fruits are in season. Citrus fruits will soon be more plentiful on the market. Dried fruits may be served the year around, but on cool mornings they are especially welcome cooked and served hot.

Once a day, if the budget allows, and at least three times a week, some citrus fruit or tomatoes should be included in the diet, according to nutrition specialists. Fresh tomatoes are still available and fried tomatoes make a good



hot dish for breakfast. All through the winter there will be both citrus fruits and canned tomato juice on sale at reasonable prices.

Many families have the pleasant custom of making Sunday breakfast a special affair. Some favorites can't be served on busy weekday mornings because of the limited time for preparation. But that doesn't doom these families never to have these delicious breakfast dishes. On Sunday they have a morning meal that includes one or more of their favorites.

In New England it may be some of Saturday night's baked beans with fresh fried codfish bells. In Virginia it may be creamed sweetbreads with waffles. Or if there are no especial favorites, waffles with honey, liver and bacon, or "ham and" are always good. Popovers are a favorite with many families.

All of these variations serve to keep the family interested in the important morning meal. And now that the weather is turning cooler there is a greater emphasis than ever on serving "hot foods hot". Even the most tempting omelet loses its savor if it is allowed to get cold or is served on a cold plate. And a piping hot cereal or meat dish is even more appetizing if it's served in bowls or plates that have been warmed.

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BUREAU OF AGRICULTURAL ECONOMICS

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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APPLES ARE PLENTIFUL, LOWER IN PRICE

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One of the most picturesque of all the pioneers who settled the West was Johnny Appleseed, a man with a mission. He wanted the apple tree to go west with the settlers. During the early part of the 19th century he roamed the frontier settlements of Ohio and Indiana distributing appleseeds in tiny deer-skin bags and personally supervising the planting of apple orchards.

Before he died he saw many of his trees bearing fruit. If he were alive today he would have the further satisfaction of seeing apple trees in every state of the Union. And this year he'd see them doing themselves proud producing the second largest crop in ten years.

An apple crop of about 204 million bushels this year is forecast by the Bureau of Agricultural Economics. Last year the total was 117 million bushels. Even persons who "aren't good at figures" know that this will mean apples in abundance. Apple prices are lower than they were in 1936 and probably will continue that way throughout the season. Despite the lower prices, gross cash income to apple growers is expected to be the largest in recent years.

So with this indicated supply and the lower prices, apple eaters should have a good chance to get their fill. They'll have a wide selection of fruit at prices

CHAPTER I

The first part of the history of the United States is the history of the colonies. The colonies were first settled by Englishmen in 1607. They were at first dependent on England for everything they needed. But as the colonies grew, they began to make their own laws and to govern themselves. This led to a struggle with England, which ended in 1776 when the colonies declared their independence. The new nation was then faced with the task of building a government. This was done by the signing of the Declaration of Independence in 1776 and the Constitution in 1787. The Constitution established a system of government with three branches: the executive, the legislative, and the judicial. The executive branch is headed by the President, the legislative branch by Congress, and the judicial branch by the Supreme Court. The Constitution also guarantees certain rights to the people, such as the right to life, liberty, and the pursuit of happiness. The history of the United States is a story of growth, struggle, and achievement. It is a story that continues to this day.

they can pay. But if they're to make the most of their opportunities, these shoppers will have to go to market with some definite points in mind. They'll know how they intend to use the fruit and what varieties are suited to that use. They'll know at what seasons these particular varieties are at their best. And, if they want to shop economically, they'll be able to select sound fruit.

Probably the shopper's most difficult problem is getting the variety of apple best suited to her use. During the fall and winter months there is a bewilderingly large number of kinds of apples on the market. Some are excellent for baking and cooking; others are especially good for eating raw. It's not safe to judge by looks alone. The Ben Davis, for instance, which looks for all the world like a good red eating apple is suitable only for cooking. And the Delicious must be eaten raw to be at its best.

To further complicate matters, some varieties of apples are available only in certain sections of the country and others are available earlier in one part than in another. Generally speaking, however, the most common general purpose apples on the market now are: McIntosh, Jonathan, Grimes Golden, Spitzenburg, Rhode Island Greening, and Northern Spy. By November the Baldwin, York Imperial, Stayman, and Rome Beauty will be generally available. And later on will come the Winesap and Yellow Newtown.

Of these general purpose apples some are best for cooking, some for eating raw. The firmer, tarter apples usually are most satisfactory for cooking. An apple for baking must be firm enough to hold its shape while cooking in a hot oven. The Rome Beauty, a large apple with a yellow or greenish skin mottled with bright red and striped with carmine, is generally considered an ideal baking apple.

An apple for pie should cook tender rapidly. Apples for sauce should cook quickly, and apples to be scalloped must hold their shape when sliced and cooked.



Some of these general purpose apples are equally good cooked or raw but for best cooking they should be slightly less ripe than at the eating stage.

The safest way to buy quantities of apples for any purpose is to sample them first. Family preferences must also be taken into account since there is no general agreement as to what apples are best for all purposes.

Apples to be eaten raw should be well-colored for their variety. If it's a Grimes Golden it'll be a deep clear yellow with pale-yellow or russet dots. If it's a Jonathan it'll be a lively deep red. And the ground color or the color under these characteristic markings will be light yellow or a yellow green. If it's to be eaten immediately it should yield slightly to the pressure of the thumb but be firm. If it gives with the slightest pressure it is probably over-ripe.

Apples that are to be kept around awhile should not be fully ripe when you buy them. They should be kept as cool as possible. If there is a very large quantity to be kept for several months a cellar with a dirt floor and good ventilation is a good place for them. Or if that is not possible an unheated room with a window that may be opened will serve.

For most persons the good flavor, the appetizing appearance, and the crisp texture of the apple are sufficient reasons for eating it. But the nutritionists name two of its other virtues. First, it lends desirable bulk to the diet. And, if it is used in abundance, it is a significant source of Vitamin C. Since Vitamin C is one of those not-too-abundant food elements that may be lost in cooking this is an item of importance.

Fortunately we do eat a large proportion of our apples raw. We may munch them between meals, or with a carried lunch. We bob for them at Halloween parties and consider the raw fruit a just reward for our effort. We have them raw in

salads making the table brighter with the red skins left on each piece. And we choose them from the fruit bowl to eat with cheese or nuts for a dinner dessert.

There are even more ways of serving apples cooked. Scalloped or baked they are served with the main dinner course. We have them glazed with meat dishes. We combine them with cabbage or sweet potatoes in a scalloped dish. Or we make them up into any of a number of delicious desserts--pie, cake, dumplings, tapioca pudding, and others.

When you cook apples it's important to remember that they're over 80 per- cent water. For this reason it's not necessary to add water to pie or Brown Betty. In fact it is a definite mistake since it usually causes soggy pie crusts. And in baking apples or making apple sauce add only enough water to keep them from scorching.

A baked apple is one of the easiest to prepare of all apple dishes. And it can be one of the most delicious. There are two schools of thought concerning baked apples. There's the one side that says the ideal baked apple looks when it comes out of the oven much the same as when it went in. To be sure it has a cooked look, but it has the same shape and color of the uncooked apple.

The other side says that the best-looking baked apple is the one that comes from the oven with it's skin popped open and the luscious cooked pulp oozing out through the open places. But both sides agree that a baked apple tastes best when it is hot or at least warm.

To prepare an apple for baking take out the core, but don't remove the blossom end. Be sure though to get out all the little tough wings that radiate from the core, then fill the hollow with sugar and butter or add raisins, nuts, or whatever you like. Sprinkle a bit of salt over each apple. This will bring out the flavor. If you want the skin to pop open, cover the baking dish. If you want the skin to remain unbroken, bake in an uncovered dish. Bake in a hot oven (400 degrees F.)

There are scores of other ways to cook apples--fried with bacon or sausage, dumplings served with hard sauce, chocolate coated as a candy, and always as classic applesauce. Every cookbook tells you how to cook them, but your family will tell you which of these ways are the most successful.

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BUREAU OF
HOME ECONOMICS

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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HOT BREADS FOR COOL DAYS

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Summer--autumn--winter--spring, year after year, three meals a day, bread appears on the American table. It's by far the most common way we have of using our important grain product wheat. And it's a convenient and inexpensive source of energy.

The corner bakery makes countless kinds of bread and rolls--fancy rolls with nuts and raisins or other fruit, and bread of different kinds and combinations of flour. For the woman who makes her bread at home there are all these possible variations and more. In addition, she may make any of the large number of quick-breads which taste so good served hot from the oven.

Now that chilly days are turning definitely cooler, the family will wax particularly enthusiastic over these hot "quickbreads." It's common knowledge of course that the odor of a surprise batch of griddle cakes baking in the morning will get the family up in record time. And often a plate of hot biscuits or muffins on the table will eliminate the need of more than one call to dinner.

Manufacture of these quickbreads remains primarily a home art. They're at their best when mixed, baked, and served within a very short space of time. So it's up to the woman who prepares meals for her family to have in her cooking repertoire a good plain biscuit recipe, and recipes for waffles, griddle cakes,

and muffins. When she gets to the point that she can bake these successfully time after time, she may vary them in a number of ways or branch out into more difficult combinations.

Tender, flaky biscuits, crisp waffles and griddle cakes, and light, tender muffins are easy to make if the cook knows the rules for mixing them. The method of mixing each one depends upon certain peculiarities of the flour essential ingredients, especially the flour. Three other ingredients always found in any bread are fat, a leavening agent, and liquid. Salt is added for flavor, and sugar and eggs are included in muffins, griddle cakes, and waffles.

For flavor, texture, and food value, milk is the best liquid to use. This may be whole, skimmed, dried, or evaporated. If you use evaporated milk, dilute to proper consistency. Sift the dried milk powder with the other dry ingredients. Sour milk may be substituted cup for cup for sweet. But this calls for a change in the leavening agent.

Lard or any other edible fat with a mild flavor is suitable for quickbreads. When you substitute butter or margarine for lard, add 2 extra tablespoons for each cup of fat called for in the recipe. Lard contains no water, is practically all fat, while the margarines and butter have a small amount of water in them.

The leavening agent may be baking powder when sweet milk is used, or soda and sour milk. When you use soda and sour milk, add the soda with the dry ingredients. As soon as the sour milk and the soda are combined they immediately react with each other to liberate gas. Since this gas furnishes the leaven for the bread it is not well to lose any of it ahead of time by combining the soda and sour milk before adding them to the mixture.

In recipes that call for baking powder and sweet milk, sour milk may be substituted for the sweet cup for cup. For each cup of sour milk use 1/2 teaspoon soda. This 1/2 teaspoon soda equals in leaving power 2 teaspoons of baking powder.



To make this substitution, measure out enough soda to neutralize the sour milk in the recipe. If this isn't equal in leavening power to the baking powder called for, add enough baking powder to take care of the deficit.

Flour of course, is the basic ingredient in any kind of bread. It supplies the bulk and much of the food value. The kind you use in quickbreads may be either an all-purpose flour, or a pastry flour. Both of these flours are weaker than bread flour.

Whether a flour is "strong" or "weak" depends upon the gluten that can be developed in it. When liquid is added to flour, two of the flour proteins combine to form gluten, an elastic substance which gives to doughs and batters their ability to stretch. In weak flours the gluten is less in quantity and weaker in quality than it is in the strong flours.

Stirring batters or kneading doughs brings out this elastic quality of gluten. The more you stir--the more you knead, the more elastic the gluten becomes. So the main point in mixing is to develop the gluten just enough to let the mixture stretch as it rises with the leaven, but not enough to make the gluten tough.

In mixing, too, the leavening agent, the fat, and the liquid are evenly distributed throughout the batter and the dough. But generally, if the mixing is right for the gluten it will be enough to bring about sufficient intermingling of all ingredients.

For instance, it pays to be lazy when mixing muffins. Because here the flour in the mixture is twice that of the liquid and you can easily develop the gluten to a point where it gets tough. Then you'll have tunnels running through them when they're done. And there'll be bumpy places on top. But if you stir them just enough to moisten the ingredients and give the mixture a rough appearance, you'll have muffins with a round even grain.

Stir griddle cakes and waffles enough to make the batter smooth. But control that impulse to beat them. That, too, will overdevelop the gluten.

To some extent you can determine the volume of the biscuit by kneading them. If you want a tender, flaky biscuit with a large volume, stir the dough and knead it a little before you roll it out. This kneading will develop the gluten enough to make the dough stretch to a greater volume. But if you prefer a tender, crusty biscuit that doesn't rise quite so high, pat the dough without kneading and cut into rounds. Or simply drop the dough from a spoon onto a baking sheet.

Bake both biscuits and muffins in a hot oven. But bake the biscuits at a slightly higher temperature (450 degrees F) for fifteen minutes, the muffins for twenty minutes at a lower temperature (400 to 425 degrees F). A reliable oven thermometer or an automatic oven regulator will enable you to keep the temperature constant throughout the baking period.

You may vary the bread in your meals still more by changing some of the ingredients in the griddle cakes, muffins, and biscuits. Make buckwheat griddle cakes. Try peanut butter muffins and cheese biscuits. Or use whole wheat flour in muffins and griddle cakes.

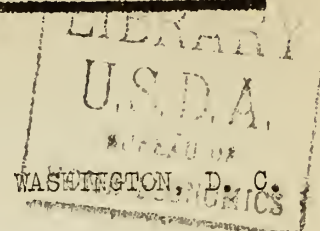
Cornmeal muffins, cranberry muffins, or muffins with nuts and dried fruit are only slight revisions of the basic muffin. And biscuits will taste like something new if you add grated orange rind, or chopped nuts to the sifted dry ingredients before you mix them.



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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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GOLDEN FALL VEGETABLES - PUMPKIN, SQUASH, SWEETPOTATO

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Poets who sing of American autumns and the festival of the harvest home seldom fail to mention the pumpkin. And the rest of us, in ordinary prose, name it one of the joys of fall--like football and the turning leaves.

The winter squash and the sweetpotato don't figure quite so prominently in poetry, but they too blend in with nature's autumn color scheme of brown, yellow, and russet. The history of these three vegetables closely parallels the discovery of the New World and the settlement of America.

In the collection that Columbus took back to Queen Isabella as proof of the wonders of the New World were several sweetpotatoes. And the early American colonists found that their Indian neighbors were cultivating squashes and pumpkins in fields of maize.

This connection between pumpkins and maize, or corn as we call it now, still exists. Today many farmers plant pumpkins in their cornfields just as the Indians did. And the main pumpkin region of the United States is located in four of the Corn Belt states--Ohio, Iowa, Indiana, and Illinois. The pumpkin crop in New Jersey shows a higher farm value than any other one state according to the agricultural census of 1930, but none of her neighboring states produce enough to make an Eastern region comparable with that of the Middlewest. One of the cities in this largest pumpkin region has even declared itself the nation's "Punkin' Center".

Beside their New World origin these vegetables have other things in common.

Sweetpotatoes are an excellent source of Vitamin A, pumpkin and squash rate "good".

• All are good sources of vitamin B.

All three keep best in a rather warm place. This place may be a warm, dry cellar, an unused room, or a spot in the basement near the furnace. Small quantities of sweetpotatoes may even be kept near the kitchen stove. When these vegetables are exposed to cold for any length of time their quality deteriorates. Unnecessary handling causes bruises or cuts that invite decay. The ideal temperature for them is about 55 degrees Fahrenheit, but they will keep well as high as 70 degrees.

Of course, to keep well the vegetables must be sound before they are stored. A decayed sweetpotato may contaminate others. Smooth, well-shaped, firm sweetpotatoes with a bright appearance are the best "buy". If they have large growth cracks in them or are badly misshapen you'll waste hours more in preparing them. Also watch closely for bruises or cuts especially on the ends. Examine them occasionally in storage.

Sweetpotatoes are either of the dry or moist-fleshed type. Most common of the dry ones are Big Stem Jersey, Gold Skin, Triumph, Yellow Jersey, and Little Stem Jersey. These are dry and mealy after they are cooked. Their skins are yellowish and their flesh a very light yellow.

Moist-fleshed sweetpotatoes have skins varying from whitish to reddish in color. The flesh may be anything from light greenish-yellow to a reddish orange. Nancy Hall and Porto Rico are the two most common of the moist type.

According to the Bureau of Agricultural Economics the sweetpotato crop this year will probably be nearly one sixth larger than it was in 1936.

• When shopping for pumpkins and squash or choosing those from the home grown crop to save, select the ones that feel heavy for their size, have a hard rind, and



do not appear damp or watersoaked. Lightweight pumpkins or those with soft rinds are usually immature. The most common pumpkins are Connecticut Field and Big Cheese. The former is the big yellow one that we see most often in illustrations. The Big Cheese of a tannish color, is more flattened out and dished in at top and bottom. The Warted and Golden Hubbard, Marblehead, Buttercup, and Table Queen are the more plentiful winter squash varieties.

In cookery, we've advanced somewhat since 1683 when squash was "boyled and serv'd up with powdered beef" and "esteemed good sawce". Today we bake it, make pies of it, put it in yeast rolls, or fix it a number of other ways.

Pumpkin pie still remains the happy ending for all good pumpkins and one of the best opportunities for a cook to show her originality. Probably no two families are agreed upon the best combination of spices for their pie, but most of them do agree that it must be rich with eggs and top milk. Some like cider added. Others like it made with egg whites or gelatin into pumpkin chiffon pie.

To get all the good fresh pumpkin flavor, boil pieces of it in a minimum amount of water until tender. Then put it through a sieve. If you'd like to get every bit of the water out of it that you possibly can, cook it some more in a double boiler with the lid off to evaporate the moisture. Some cooks like to prepare pumpkin ahead of time and store it in the refrigerator since it takes such a long time to fix it this way.

Serve a piece of pumpkin pie with the regulation whipped cream, or be more original and add a bit of quince preserves. Individual pumpkin pie and cider is a pleasing and seasonal combination for party "refreshments". Other pumpkin possibilities are custards, baked pumpkin, and pumpkin cornbread.

Like squash and pumpkin, sweetpotatoes make good pie fillings. However the filling made from sweetpotato pulp requires more milk, less sugar, and different spices than the pumpkin filling.

Ordinarily sweetpotatoes are not used as a dessert. They are chiefly a starchy vegetable used like white potatoes. In the winter when it is a little difficult to find foods that lend color and variety to a meal, sweetpotatoes are especially useful. A ring of candied sweetpotatoes around a pork roast adds a warm cheery note to a winter meal.

Glazed sweetpotatoes, sweetpotatoes scalloped with apples, mashed, or boiled, mixed with eggs, butter, and hot milk and baked in a sweetpotato puff are other good combinations.

